



# Shirley COA CENTER

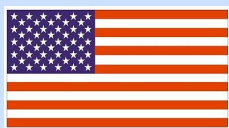
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NEWSLETTER  
MARCH 2022

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Address • 9 Parker Road • Shirley, MA 01464

Phone: 978-425-1390 • Fax: 978-425-1392 • Email: [mlargey@shirley-ma.gov](mailto:mlargey@shirley-ma.gov)



**Free  
Breakfast for  
Veterans**  
Monday, March 7th  
8:30-9:30 am

**Eggs, sausage, French  
toast and more**  
Cooked and served by the  
Shirley Police Dept.

*Sponsored by Shirley  
Charitable Foundation*

## Volunteer Help Wanted.

*Keep the community strong,  
meet new people, show off your  
skills.*

Positions include COA Board  
Members, Kitchen Staff, and  
Program Coordinators.

*Contact Marilyn Largey  
for details.*



## Walk Massachusetts Challenge Registration Opens April 1st



[www.walkmachallenge.com](http://www.walkmachallenge.com)

Join us for the our first walk challenge,  
sponsored by the Mass Council on Aging.

**FREE AND NO FUND RAISING**

This family friendly challenge runs May 1 - October 31, 2022 and is open to anyone age five and over. Each participant chooses from one of four predetermined challenges. Individuals who complete the challenge receive raffle prize entries for themselves and our council on aging. Individual prizes include gift cards of Visa (\$50), Amazon (\$25) and Dunkin' (\$10). Councils on Aging prize levels range \$250-1,000!

Anyone aged 5-59 years old is encouraged to sponsor an older adult of their choice!  
Lace up your Sneakers and let's walk!

**Commonwealth  
Challenge**



**Shoreline  
Challenge**



**1788  
Challenge**



**Turnpike  
Challenge**



## TOO COLD TO MELT

*On salt-pitted ice  
I slowly shuffle in fear.  
winter treachery*

*By Cyndi Furman 2022 ©*

## Stitch & CHAT GROUP

**Wednesday March 9th, 10 am.**

Do you like to knit, Crotchet, or Plarning? We  
welcome all types of stitchers.

Join us for friendly chatter and some knitting.

To participate RSVP by calling or emailing  
[edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov) 978-425-1390

We may be able to help if you need supplies.



March 2022

## Outreach at the Shirley Senior Center

Elisabeth Dinning—Outreach Assistant

Telephone: (978) 425-1390

Email: [edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov)



The Shirley Senior Center addresses the following Outreach topics and Social Services:  
Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives,  
Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation.  
If your needs and interest are not listed, please let us know so we can take them into consideration.

Please call Outreach at the Council on Aging office: 978-425-1390

### Need help with your taxes?



**The AARP Foundation Tax-Aide**  
offers free tax preparation.

Some nearby locations are:

Ayer Senior Center, 18 Pond St. in Ayer  
Phone number: (978)-772-8260

Groton Senior Center, 163 W Main St in Groton  
Phone number: (978)-448-1170

Leominster Public Library, 30 West St in Leominster  
Phone number (978)—534-7522

For more information visit their website:  
[https://www.aarp.org/money/taxes/aarp\\_taxaide](https://www.aarp.org/money/taxes/aarp_taxaide)

Other opportunities for help:

Find information about the **IRS Volunteer Tax Assistance (VITA)**  
<https://www.mocinc.org/financial-services>

**Tax Counseling for the Elderly (TCE)**, also at:  
<https://irs.treasury.gov/freetaxprep>



Have you heard about the new  
program in town ?

### Hazen 2 Home

Brings the library services to your home if you  
are homebound or can't travel to the library.

All you need to do is to complete the  
Hazen to Home - Enrollment Form available  
at:

Hazen Memorial Library at 3 Keady Way  
Phone: (978)-425-2620x1

or

Shirley Senior Center at 9 Parker Road  
Phone: (978)-425-1390

Or Online

<https://www.shirleylibrary.org/>

### LIHEAP Fuel Assistance Program

Applications are being accepted from Nov 1st until Apr. 30th  
**2022 Income requirements:**

Household Size of 1 Income Limit \$ 40,951

Household Size of 2 Income Limit \$ 53,551

**New England Farm Workers' Council**  
473 Main Street, 3rd Floor in Fitchburg, MA 01420  
**Phone: (978) 342-4520**



**Wii Bowling**  
 Pre-Registration required.  
**Every Monday**  
**12:30 - 3 pm**  
 Call 978-425-1390  
 to reserve your lane.



**Every Wednesday at 1 pm.**

No registration required.  
 No maximum seating.

*Just come to have some fun.*

**Strength, Flexibility, and Balance:**

**Every Thursday at 1 pm.**

Chairs are used for all levels of ability.  
 Instructed by Jeff Cote, the Occidental Taoist

**QiGong:**  
**Wednesday at 10 am**

**Drop in Game Time**

*A Variety of board and card games available.*

**Bring your friends for a morning of fun**  
**Every Tuesday at 9:00 am.**  
**Bridge, Scrabble, Dominoes and more.**

**Want to learn Bridge?**  
**Beginner games start at 11 am**



**CORNER BEEF AND CABBAGE**  
**\$5**

**Wed March 16<sup>th</sup>**  
**11:30 - 12:30**

**Includes vegetables, beverage**  
**and dessert.**

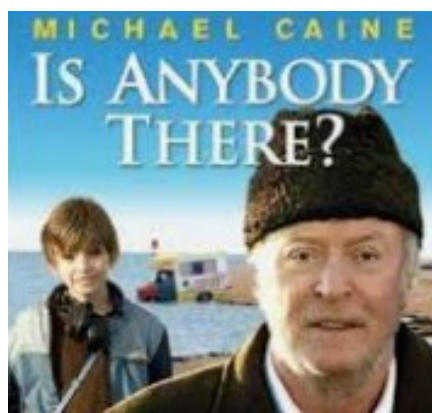
**RSVP Preferred Please Call the Center to sign up.**

**Breakfast with Chip!**

**\$5**  
**Monday, March 21<sup>st</sup>**  
**8:30—9:30 am**



Choice of Scrambled Eggs, Westerns, or French toast.  
 Includes Ham, Home fries, Fresh fruit, and beverage.



**PIZZA & MOVIE**  
**\$5**

**Wednesday, March 2nd**  
**Movie starts at 11 am.**  
**Pizza served at 11:30 am**







**Monthly  
Wellness Check  
March 10th**

Second Thursday of the month 9:30 to 10:30 am.

**FLU SHOTS are available by request only - through 6/30/2022.**

*Contact Susan Hoag, LPN* Community Health Nurse  
To have one brought to the clinic.  
978-772-3335 ext.357

These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals.

*All ages are welcome to attend.*

**Diabetes Alert Day!**

March 22, 2022! Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk. Find out if you—or someone you love—is at risk for type 2 diabetes by taking this quick and simple test.

<https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes/diabetes-risk-test>



**Conversations About  
Death and Grief.**

**March 9th  
Every 2nd Wednesday  
of the month at 11 am**

In a world so caught up in the business of staying young forever, and one can easily witness that our present day society leaves little room for mourning when mourning is called for. In fact, we live in a grief unspoken culture. Our capacity to weather the tragedies and sorrows of life is painfully thin and in itself tragic and sorrowful. Offering Friendship, Understanding and Hope with suggestions/techniques to help manage your grief, Conversations About Death is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally.

Walk- ins welcome.

For questions about this program please contact Lucia Camara, Bereavement and Spiritual Care Provider with Nashoba Nursing Services and Hospice. @508 -951 -3850.

**FOOT CARE  
Clinic**

**\$40**



**By Appointment Only -978-425-1390  
March 28th at the Center**

**Water Color Painting with Mike Devlin**

**Mike will be away for the month of March.  
You are welcome to attend and paint at your own pace  
Tuesdays at 1:00 pm**

Anyone wishing to attend must have their own paints and brushes. We will try to help with supplies for beginners and those in financial need.

Sponsored by Mass Cultural Council



**IN CASE OF  
EMERGENCY  
CALL  
911**

**Find Help**  
You are not alone.

**Help Lines**

**MA Substance Use Help Line**  
800-327-5050

**Suicide Hotline**  
800-273-8255

**Harm Reduction**

**Supplies & Information**  
NextDistro.org

**Never Use Alone National Hotline**  
1-800-484-3731

**N.U.A. Massachusetts Hotline**  
1-800-972-0590

**Local Hospitals**  
24/7 Access to Medication  
for Substance Use Disorder

**Emerson Hospital**  
978-369-1400  
133 Old Rd to 9 Acre Corner, Concord

**Nashoba Valley Medical Center**  
978-784-9000  
200 Groton Rd, Ayer

**To learn more and search for local resources follow the link below.**

**<https://healingcommunitiesstudy.org/communities/mashirley-and-townsend.html>**

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Feb 28</b> 10:00am Footcare Clinic RSVP 12:30pm Wii Bowling	<b>Mar 1</b> 9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	<b>2</b> 10:00am QiGong 11:00am Pizza & Movie ( ) 1:00pm Bingo	<b>3</b> 1:00pm Bal, Strength, & Flex
<b>7</b> 8:30am Veteran's Breakfast 12:30pm Wii Bowling	<b>8</b> 9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	<b>9</b> 10:00am QiGong 10:00am Stitch & Chat 11:00am Death & Grief 1:00pm Bingo	<b>10</b> 11:00am COA Board Meeting 1:00pm Bal, Strength, & Flex
<b>14</b> 12:30pm Wii Bowling	<b>15</b> 9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	<b>16</b> 10:00am QiGong 11:30am Lunch 1:00pm Bingo	<b>17</b> 1:00pm Bal, Strength, & Flex
<b>21</b> 8:30am Breakfast 12:30pm Wii Bowling	<b>22</b> 9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	<b>23</b> 10:00am QiGong 1:00pm Bingo	<b>24</b> 1:00pm Bal, Strength, & Flex
<b>28</b> 10:00am Footcare Clinic RSVP 12:30pm Wii Bowling	<b>29</b> 9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting	<b>30</b> 10:00am QiGong 1:00pm Bingo	<b>31</b> 1:00pm Bal, Strength, & Flex



## The Walk Massachusetts Challenge Returns!

May 1 - October 31, 2022

Run, jog or walk and earn chances to win prizes for you and your Council on Aging! This intergenerational challenge is open to ages 5-59 who 'sponsor' an older adult. (No fundraising is needed.) Participants register and track progress online. Choose from one of four challenges:

Registration opens April 1 Register:

[www.walkmachallenge.com](http://www.walkmachallenge.com)

May 1 - October 31, 2022



### Commonwealth Challenge



Complete 351 miles to celebrate the number of cities and towns in the Commonwealth.

### Shoreline Challenge



Complete 192 miles to celebrate the length of the Massachusetts shoreline.

### 1788 Challenge



Complete 88 days to celebrate the year Massachusetts became the sixth state.

### Turnpike Challenge



Complete 126.6 miles to celebrate the length of the Massachusetts Turnpike from Boston to Lee.

## Mission Statement of the Shirley Senior Center:

*“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”*

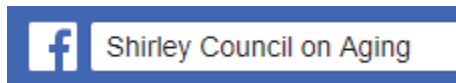
### Senior Center Staff

COA Director: Marilyn Largey  
Outreach Coordinator: Elisabeth Dinning  
Dispatch and Admin Asst.: Michelle Oelfke  
Van Drivers: Doug Perry, Priscilla Tarbell & Bob Lindgren

### Council On Aging Board

Chair: Marie Elwyn  
Vice Chair: Mary Wade  
Secretary: Christine Andersen  
Members: Janice Snow, Helen Kramer, Dave Stoppelman

**Board Meetings are the 2<sup>nd</sup> Thursday of the Month at 11 am**



## Transportation

**MART Van** is a wheel chair-accessible van for residents age 60 plus or disabled. All rides are \$1 each way.

**Medical Rides are prioritized**  
**Van Hours: Mon - Thurs 8:15 am - 4 pm**  
**Fri 8:15 am - 11:30am**

To schedule your ride call Michelle Monday -Thursday from 8:30 am - 1:30 pm.

Or leave a message and she will confirm your ride.

***24 –48 hour notice required for all rides.***

**978-425-1390**

## Volunteer Opportunities

*Volunteering your time and expertise is rewarding.* If you are searching for a volunteer opportunity please consider the Shirley Senior Center.

We welcome small groups for projects at the Center and in the Community.

Senior Tax Work Off Program— Residents on this program can credit hours working at the Center towards their RE taxes.

Our current list of needs

## Program coordinators

**Meals on Wheels drivers—Food Service Staff**

Office and phone support—Kitchen support

Newsletter Production— Social Media Marketing

Call us if you would like to volunteer. 978-425-1390.

Click below to access our volunteer application.

</council-aging/files/volunteer-application>

**Follow what's happening at the Shirley Center for Active Living.**

<https://www.shirley-ma.gov/council-aging>

**Receive this Newsletter and important announcements from Town Government via email. Follow the link below to subscribe.**

<https://www.shirley-ma.gov/subscribe>



## VETERANS' ASSISTANCE

**Mike Detillion, Shirley Veterans' Officer**  
**Call 978-425-2600 x280**

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

**Benefits:** All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter and burial assistance.

